

News Briefs

After hours lockout policy change

Effective May 1, the 14th Security Forces Squadron will no longer respond to routine lockouts in family housing, officer or enlisted dormitories. Individual unit keys will be maintained at the Lodging Office (Magnolia Inn, Bldg 956) and will be the after hours point of contact. Occupants must provide sufficient identification to verify they are the authorized resident of that unit to sign for their key and must return the key within one hour. Their ID card will be kept by Lodging until the key is returned. In the case of an emergency situation, the Columbus AFB Fire Department and/or 14th SFS will continue to respond. For more information, call Ext. 3546.

Case lot sale

A commissary case lot sale is from 9 a.m. to 5 p.m. May 5 and 9 a.m. to 4 p.m. May 6.

EMCC Open House

Columbus AFB will have an open house for active duty, retired military, Department of Defense civilian employees and military family members from 11 a.m. to 2 p.m. May 9 at the education office in Room 3. Attendees will have the opportunity to meet with an academic advisor and sign up for summer and fall 2006 distance learning on on-base classes. There will be light-refreshments and door prizes. For questions or more information, call Renee Sanders or Jacqueline Newton at 434-2660 or e-mail rsanders@eastms.edu or jnewton@east.ms.edu.

Inside



FEATURE 8
Twelve BLAZE TEAM members receive quarterly award.



U.S. Air Force photo

Tech. Sgt. Stephen Bachant, 14th Medical Operations Squadron, presents Chief Master Sgt Jeffery Bowes with a plaque as Chief Master Sgt. Cristi Bowes looks on. Sergeant Bachant joined members of the BLAZE TEAM in a farewell to 14th Flying Training Wing command chief. Chief Bowes will assume duty of command chief at Bolling AFB, Md.

14th FTW welcomes new command chief

Airman 1st Class Alyssa Miles
14th Flying Training Wing

Chief Master Sgt. Ronald Bowlan will assume duties as the 14th Flying Training Wing command chief from Chief Master Sgt. Jeffery Bowes Monday.

Chief Bowes has been command chief of the 14th FTW since July

2004 and will assume duties of command chief at Bolling AFB, Md.

Chief Bowlan arrives at Columbus AFB from Misawa AB, Japan, where he was the chief enlisted and fuels manager of the 35th Logistics Readiness Squadron since January 2004. He was responsible for the administrative and personnel programs for a workforce of 286 military

personnel from 10 Air Force Specialty Codes assigned to seven geographically separated functional areas.

Chief Bowlan has served on active duty for more than 22 years and has received more than 10 awards and decorations – including Pacific Air Forces Supply Professional of the Year in 2000 and the Pacific Air Forces Lance P. Sijan Leadership Award in 2002.

Chief McKinley selected as 15th CMSAF

WASHINGTON -- Air Force Chief of Staff Gen. T. Michael Moseley has named Chief Master Sgt. Rodney J. McKinley to serve as the 15th chief master sergeant of the Air Force.

Chief McKinley will assume his new position July 1, following the June 30 retirement of Chief Master Sgt. of the Air Force Gerald R. Murray. Chief Murray's retirement culminates 29 years of service to the Air Force.

"I'm excited to have Chief McKinley take the helm of our enlisted force," General Moseley said. "Chief McKinley is a tremendous leader with an impressive array of expeditionary and combat experiences to help him steer our Airmen and serve as my partner. We were blessed to have a number of exceptionally well-qualified candidates for the position. While the decision was not an easy one, I feel we have the right person to lead our enlisted force during this time of a long war on terrorism, recapitalization and transformation. I look forward to working with him."

Chief McKinley is currently the command chief master sergeant for Pacific Air Forces. He originally joined the Air Force in 1974, took a break in service in 1977, attended college and re-entered the Air Force in 1982.

Chief McKinley's career includes assignments in the medical, aircraft maintenance and first sergeant fields. He has also served as the command chief master sergeant of the 86th Airlift Wing at Ramstein Air Base, Germany; 1st Fighter Wing at Langley Air Force Base, Va.; 379th Air Expeditionary Wing in Southwest Asia; and 11th Air Force at Elmendorf AFB, Alaska.

The office of the chief master sergeant of the Air Force represents the highest enlisted level of leadership, pro-



U.S. Air Force Photo

Chief Master Sgt. Rodney J. McKinley, shown here shaking hands with Airmen, has been selected as the 15th chief master of the Air Force by Air Force Chief of Staff Gen. T. Michael Moseley. He will replace Chief Master Sgt. of the Air Force Gerald R. Murray on July 1, following Chief Murray's retirement June 30. Chief McKinley currently serves as the command chief master sergeant for Pacific Air Forces.

vides direction for the enlisted corps and represents their interests to the American public and all levels of government.

The chief master sergeant of the Air Force serves as a personal adviser to the

Air Force chief of staff and secretary of the Air Force on all issues regarding the welfare, readiness, morale, proper utilization and progress of the enlisted force and their families. (Courtesy of Air Force Print News)

SILVER WINGS

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Submission Deadline

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COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (07-02)	3.99 days	2.54 days	May 12	48th (06-09)	3.20 days	1.27 days	May 19	T-37	408	438	18328
41st (07-01)	-2.17 days	-0.86 days	April 26	50th (06-07)	1.36 days	0.27 days	May 19	T-38C	198	185	8259
								T-1A	168	174	7961
Graduation speaker: Maj. Gen. Gregory Power, Operations and Support Integration director											

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14TH FLYING TRAINING WING DEPLOYED

As of press time, 41 BLAZE TEAM members are deployed worldwide. Remember to support the troops and their families while they are away.

Career Assistance Advisor Tip of the Week

What is the
Palace Chase program?

The Palace Chase program is an early release program which allows active Air Force officers and enlisted members to request to transfer from active military service to an Air Reserve Component. The application process takes approximately seven to eight weeks after Headquarters Air Force Personnel Center receives it. For more information on the Palace Chase program contact MPF or refer to AFI 36-3205.

For more information, call Master Sgt. Shelli Fisher at Ext. 7004.

Privilege and an honor



Airman 1st Class Alyssa Miles

Members of the Columbus AFB Honor Guard practice flag folding during an all day practice held on Wednesday. Anyone wishing to join the honor guard should speak with their supervisor or their first sergeant, or call Master Sgt. Shelli Fisher at Ext. 7004.

Vehicle date stickers suspended

Senior Airman Jonathan Simmons
AETC Public Affairs

RANDOLPH AFB, Texas -- Air Education and Training Command officials announced, May 1, command installations will not enforce the year tab (AF Form 2219) vehicle decal requirement until further notice. It will become easier for Airmen to enter AETC bases during the current year tab shortage. The Air Force has experienced a prolonged a shortage of DoD vehicle registration stickers (DD Form 2220) and year tabs (AF 2219). The shortages were caused by vendor and supply issues. Although the supply of registration stickers is reaching sufficient levels,

the year tab supply is still below demand. "With no solution readily available, I'm implementing a command-wide policy directing AETC installations to not enforce year tab requirements until further notice," said Lt. Gen. Dennis R. Larsen, AETC vice commander. "This move will not affect the security of the bases," said Lt. Col. Stephen Spurlin, chief AETC Security Forces Operations branch. "...because installation entry controllers will continue to require ID checks for all vehicle operators entering each base." "Installations should continue to order AF Forms 2219 (year tabs) and issue them when possible to help AETC Airmen avoid delays entering other DoD installations," said General Larsen.

BLAZE TEAM members can now call (662) 434-2273 (CARE) for contact with an after hours doctor. He or she can give directions to an acute care clinic in Columbus. This option will allow after hours non-emergencies, to be handled more quickly than an emergency visit. To take advantage of this option, BLAZE TEAM members must call and obtain approval from a 14th Medical Group physician before going to another clinic. Calling (662) 434-CARE for all after hours non emergency care needs could also save money. Anyone opting to visit another clinic without prior approval from a 14th MDG physician will be using their TRICARE point of service option. This means money will have to come out of their pocket. Retro referrals will not be written.

After hours doctor

Air Force mandates virtual out processing

RANDOLPH AFB Texas -- All Airmen undergoing permanent change of station moves, retirements or separations are now required to use the virtual Out-Processing application available through the virtual Military Personnel Flight. Airmen can enter the vMPF by logging onto the Air Force Personnel Center's secure Web site where they can view their vOP checklist from the individual actions menu. The vOP checklist will include requirements based on the Airman's unit and other associated base agencies, such as the transportation management office, finance, medical clinic and Tricare. The checklist will also include the timeframe required for clearing actions at each location. Bases currently not using the vOP system will be required to transition to it no later than May 30. The online process will also eliminate paper checklists and most in-person out-processing requirements. For more information, Airmen should contact the military personnel flight at Ext. 2691.

Children of deployed parents need consistency

Paul X. Rutz
American Forces Press Service

WASHINGTON — Consistency is key for children as their military parents deploy, a university psychologist said.

Dr. Frederic Medway, psychology professor at the University of South Carolina, has been publishing research on family separation issues since 1987. He said his work has shown that while children of different ages have different needs, if parents offer as consistent an environment as possible, their kids tend to fare better.

"Set the tone early," Dr. Medway said. "Try not to make many big changes while the deployment happens." That's easier to do with young children, he said. Parents have a lot more control when their children have not yet started school, and they should use that time to foster an environment of safety and stability because other challenges abound. Common childhood fears of things like animals and thunder often get compounded when children are thinking about a parent in a hostile zone, and explaining away those fears is tricky.

"Younger children won't understand abstract concepts such as time," he said. Checking off dates on a calendar or explaining, 'Mommy comes home in a year,' may not make much sense to them, so keeping big changes to a minimum helps them feel better.

With school-age kids, the situation becomes more complex, Dr. Medway said. They have more going on in their lives at school and with friends. Offering a consistent environment can be difficult for the parent at home, especially if the parent is working as well as raising the child.

As children reach adolescent age, parents must be especially sensitive to what they are going through. "I think the teen years are especially tough because

teens are notorious at not talking to their parents about things," Dr. Medway said. "I think this is a population that we as mental health people really need to watch out for."

Dr. Medway said young teens also have access to information and an ability to grasp it that younger children do not.

"Often they are worried, watching TV, CNN, hearing rumors," he said.

Another defining problem for adolescents is a wish to be the same as everyone else. Financial issues, lack of access to a car, clothes not jazzy enough and other problems become an excuse to lash out, he said.

"I think, unfortunately, a lot of these children look for something to attribute that to, and in some cases they will get angry with the stay-at-home parent because the other parent is overseas and their family isn't like everybody else," he said.

For these reasons and others, setting the tone early in terms of communication is critical to creating consistency for children once they go to school, Dr. Medway said. "You've really got to start working on that open communication at age 4, ... because by the time your child hits 12 they may naturally shut down a little bit. If you don't have good communication in the beginning, it's certainly going to be difficult by the time they're in that 12-to-14 range," he said.

Families who have a parent deployed certainly see long-lasting effects due to separation and sacrifice, Dr. Medway said. These are lifelong consequences that will change the course of where that family is going, but not always for the worse. He mentioned that military kids often learn to be more independent and outgoing than their peers, for example.

Dr. Medway also said that each phase of deployment poses different challenges, and families who educate themselves tend to do better.

"I think it's so important to be informed, and that really means go to all the briefings that your unit has," he said. "Everything sort of starts there."

He also suggests getting supports in place long before separation starts, which means talking with friends, parents, grandparents and on-base family aids.

The months surrounding homecoming often offer the biggest challenges, Dr. Medway said. Part of that is due to high expectations.

"We expect that everything is going to be very well and very good, but soldiers change and families change, and oftentimes the very early period is a good period, but sometimes after 30 days or 60 days, there are some little bumps in the road," he said. "These bumps in the road are really a function of being apart from your loved one. They're not so much a function, necessarily, that your loved one was separated because of military service, because we see the same thing in long-term business travel, in missionary kinds of work, etc."

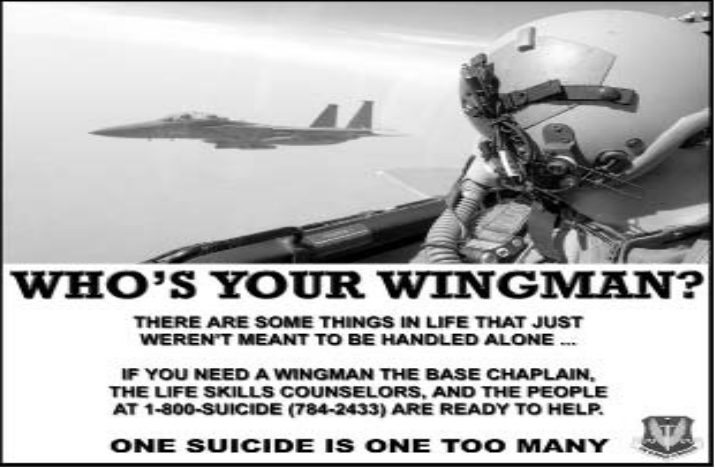
A combination of patience and consistency tends to help families most, he said. Research during the 1991 Persian Gulf War revealed that children's behavior often got worse during the reunion stage than it was during deployment.

"The child was responding to one parent who was consistent with himself," Dr. Medway said. "When you bring a second person back in, and their view of parenting may differ based upon the first person, that can throw the kids for a loop."

Another important aid in coping, one often left as a last resort, is the mental health service available in the community.

"Get to problems early," he said.

Teachers, school psychologists and school counselors are often great sources of help for kids, while military assistants, family doctors and chaplains can do a lot for parents.



DUI status

"Don't Drink and Drive"
Last DUI: March 5, 2006
Days since last DUI: 42
Unit: 14th Civil Engineer Squadron



Leadership: art of influence, not force

Col. Daniel Ciechanowski
91st Operations Group

MINOT AFB, N.D. -- Your supervisor comes into the office and demands that you have Airman Jones' enlisted performance report finished by close of 'business "or else!" So, you do as you're told. It's not your best effort, but at least the boss will be off your back. Months later, your new supervisor tells you he really wants you to finish Airman Smith's EPR today. He explains that he attended last month's senior airman below-the-zone promotion board and watched a great Airman lose out on early promotion because of a missing EPR. He knows the next board will happen soon and says Airman Smith has really impressed him. He offers to help you prepare the EPR.

Who would you prefer to work for, Boss 1 or Boss 2? The answer seems obvious. While there are times when immediate action is required, I believe we use rank and direct orders as a crutch too frequently in lieu of more effective means of communication. Let's dissect the approach used by Boss 2. He employed four techniques that make up what professor David Gergen, author of "Eyewitness to Power," calls the art of successful persuasion:

Credibility that assures

What gives the boss credibility in this case? First, the Air Force granted him authority by naming him your boss. Additionally, he's served on promotion boards and has acquired inside knowledge of the process.

When combined, these elements attest to his credibility and assure the supervisee. Yet the most important ways a supervisor can earn trust are not based on rank. Technical knowledge and personal proficiency give his subordinates a reason to take him seriously. Developing trust and confidence is essential if he wants to be effective.

Empathy that bonds

The boss uses empathy next to demonstrate the impact of not getting the EPR done on time. He tugs at your emotions. Does it bother you that someone lost out on early promotion because an EPR was not done on time? How would you feel if this happened to you?

Be careful not to overuse empathy. You can only play on heartstrings so many times, but when used very sparingly, empathy can be effective.

Explanations that inform

Boss 2 compliments Airman Smith's performance and explains his plans to push the Airman for early promotion; therefore, he needs the EPR immediately. We can

inspire action by providing background information and logical arguments.

When you tell people to "just do it" without an explanation, they're not encouraged to do their best. By demonstrating the importance of an action, persuasion becomes an easy task.

Words, actions that inspire

Getting your own hands dirty can often incite action. Some leaders are great speakers and can use flowery language to motivate. Most of us can't write or speak in glittering prose, but we can all act. When we offer to pitch in and work with our troops, nine times out of 10 they will respond with enthusiasm and commitment.

You now have some new tools to try out the next time your unit is assigned a tough task. Remember persuasion first, direct orders last.

Build your credibility by becoming an expert. Cautiously appeal to an Airman's sense of empathy; but more often, explain your decisions using logic, conviction and factually based arguments. Use words, ideas and actions to inspire and don't be afraid to lend a hand.

If one approach doesn't work, try another, but don't give in to the urge to pull rank. The ability to be more persuasive will make you a more effective person in the office and in all aspects of life.

The education office wants to hear from you

Edward Hodge
14th Mission Support Squadron

"Mom and Dad, would you please come into the living room and sit down. I have something to tell you."

Immediately, I sensed their anxiety — I needed to get to the point quickly.

"I've decided to drop out of college to join the Air Force," I said. How I found the courage to make this announcement out of nowhere to parents that had groomed me from infancy for college, I don't have a clue. Of course, I had to find something to soften the blow, so I promised my dad that I would finish my degree within four years. My dad accepted my promise with a tentative smile, letting me know that I had his support.

At my first duty station, Cannon AFB, N.M., off-duty education opportunities abounded on base and in the local area. Unfortunately, my nights and weekends were filled with partying, basketball and putting together the world's most powerful stereo system

to drown out the music constantly blaring from the other end of the dorm hallway.

After three years and only three college classes, I sadly realized that I stood no chance of completing my degree before the end of my four-year enlistment as I had promised my dad. Still determined to finish college before leaving the service, I re-enlisted a year early. Following a year at Kunsan AB, Korea, during which I happily immersed myself into the international party scene, I landed at Columbus AFB on March 27, 1989.

Now, more determined than ever to finish my degree, I asked co-workers about the local schools.

"Mississippi State is right down the road in Starkvull," responded one of the engineers with a discernible southern accent.

"How far is Starkville?" I questioned further with my distinct Yankee accent. "It's not pronounced Starkville, it's

Starkvull," he retorted with a chuckle, "And it's about 25 miles."

As my inquiry continued, I found out that Mississippi University for Women (affectionately called the "W") was downtown and co-ed! Confused as to how a school with "Women" in the name could be co-ed, I made my way to the Education Office.

The staff quickly counseled me on how I could finish my business degree at the "W" through their evening program and how easy it would be to get my Associate's from the Community College of the Air Force. To make this long story short, I got my CCAF degree, and I graduated from the "W" two days before I separated from active duty on May 15, 1993. You know the saying, "Better late than never!"

Why am I telling you all this? Personal experience taught me that the Education Office is the gateway for achieving your off-duty education goals. Now, as the Education Services Officer for Columbus AFB, I need your help as

we work hard to expand the education opportunities offered on the installation. We are conducting an Education Needs Assessment now through June 30. It is absolutely vital that we have maximum participation. This is your chance to help us determine what undergraduate and graduate programs to offer on Columbus AFB. You can take the survey by logging onto the Air Force Portal at <https://rso.my.af.mil/afvecprod/needs/>. You can also fill out the survey at the Education Center located in Room 2 of Building 916.

Additionally, the Education Center staff will be visiting base agencies soliciting your feedback. Remember, we've got answers to your questions about taking college courses, military/civilian tuition assistance, CCAF, Veterans Affairs education benefits, non-resident Professional Military Education, commissioning programs and much more. For more information, call Ext. 2562. We want to hear from you!

Fighting for the love of families, freedom

Staff Sgt. Melissa Koskovich
U.S. Central Command Air Forces

The mutated stick figures on the paper were cheerful. They held hands and stood among flowers. For a brief moment I smiled, then a tear ran down my cheek — I missed my kids.

Deploying has never been easy, especially as a single mom of 6-year-old twin boys, but this time seemed to be the most difficult yet.

I sat in my 10x10 room in the middle of the desert, and wondered what they were doing at that moment.

Their soccer game was today. I imagined Kaden, the younger of the two (by 15 minutes), scrambling across the soccer field giggling as he went, and Damon, the oldest and boldest, guarding his goalie box with fervor, ready to pounce on the ball if it dared to enter his realm.

I wondered how they were doing in school. Were they brushing their teeth at night? Were they smiling?

I remember the day I left. Damon told me before I got on the plane, "Mommy, don't get dead," and Kaden said in his dramatic tone, "If the bad guys chase you, run faster! Ok?" In their innocence, they see me as a

G.I. Joe, going off to battle to protect the babies and the puppies.

They don't understand the cruel reality of our world.

We are engaged in a global war on terror that affects the safety and security of every American, including my little angels. We face dangerous enemies who want to harm our people, folks who want to destroy our way of life.

All of this whirled around in my mind, and I wondered why I hadn't put up a fight when the deployment orders were dropped on my desk. I could have tried to get out of it — gotten a waiver, kicked and screamed, but I didn't.

How could I? The love I have for them and the desire I have for their safe and happy future is precisely the reason I wear the uniform, and I know I am not alone.

As we deploy, anniversaries pass, Christmas carols are sung, birthdays are missed and babies are born without their fathers.

A time of war is a time of sacrifice, and a heavy burden falls on military families. Despite this, we hang stick-figure drawings on our walls, treasure the phone calls, dry our tears and stand tall — for the love of our country, and the love of our families.



Senior Airman Brian Stives
Damon and Kaden Koskovich, 6-year-old twin sons Staff Sgt. Melissa Koskovich, hold a picture of their mother at the Mountain Home AFB child development center April 25. Sergeant Koskovich is currently deployed from Mountain Home AFB to the U.S. Central Command area of operations.

First sergeants touch the lives of servicemembers

Senior Master Sgt. Scott Marsich
Air Force Institute of Technology

WRIGHT-PATTERSON AFB, Ohio -- Like so many other Airmen, throughout my career I came to work, gave 100 percent of myself and worked my way through the junior ranks.

My primary mission five days a week was to diagnose and fix the electronic countermeasures systems on the B-52 Stratofortress and B-1B Lancers. I worked the flightline for more than 18 years and loved every minute of it, but as you've heard, the only thing constant in the Air Force is change.

In the spring of 1999, Master Sgt. Kerry Yost, first sergeant for the 28th Bomb Squadron at Dyess Air Force Base, Texas, offered me what can only be deemed as the opportunity of a lifetime. Sergeant Yost asked if I wanted to help out half-days in the "shirt's" office at the 28th BS.

I was a technical sergeant at the time so I figured my role was probably going to be tied to administrative tasks, but nothing could have been further from the truth. In fact, what Sergeant Yost was offering me was a first-hand look into the world of the Air Force first sergeant. I gladly accepted and followed Sergeant Yost around the base, where I had the opportunity to meet

others in the business of helping people.

The next nine months changed my life. Before this experience, my perception of the first sergeant was very skewed as I, like so many other Airmen, thought that the shirt was there strictly to discipline Airmen when they fell out of line. Sergeant Yost showed me how wrong I was.

Late in 1999, I found out that I had a line number for master sergeant. Sergeant Yost had asked me a couple of times before the promotion release if I had ever thought about actually becoming a first sergeant. Before my time as an additional duty first sergeant, my answer would have probably been, "No, thank you, Ma'am."

But after considering my opportunities, I had to ask myself: If I could have any job in the entire world, what would I do? The answer came to me in a moment of clarity. With the encouragement and support of our commander, I applied to cross-train into the first sergeant career field.

Seven years and five squadrons later, the diamond is still proudly displayed on my uniform. This was unequivocally the best decision I ever made. I get to wear this unique chevron because I was given an opportunity to see what an Air Force first sergeant actually does.

For instance, I get the chance to directly affect the future success of our young Airmen as I badger them into taking college classes. I have the opportunity to correct ill-fated financial decisions by troops barely old enough to vote as I shepherd them through the Personal Financial Management Program.

Simply put, I now have the opportunity to directly reach out and touch the lives of hundreds of Air Force members and so do you. If you are a master sergeant or a technical sergeant with a line number and you'd like to know why, after almost seven years in this line of work, I still think it's the best job in the Air Force, just ask your shirt to afford you the same opportunity that Sergeant Yost gave me in 1999.

So many people have asked me when I'm going to retire and my answer never changes. I tell them that I'll keep doing this as long as I believe I am making a difference. I wake up every day with a small amount of guilt because I just can't believe I get to do this job and get a paycheck on top of it.

First sergeants have a creed that we live and die by. Wherever I go, I carry a round metal object in my pocket inscribed with a line that reads: "I am an Air Force first sergeant, my job is people. Everyone is my business." There's no better feeling than making a difference in people's lives.

Speaker's Bureau

Speakers are needed for the Columbus AFB Speaker's Bureau. Anyone interested in speaking about the Air Force or their career field at civic clubs, career fairs, science fairs, elementary schools or high schools in the Golden Triangle area can call the public affairs at Ext. 7068.

First-quarter award winners announced

FGO of the Quarter

Maj. Julie Guill, 14th Medical Support Squadron, is Field Grade Officer of the First Quarter for 2006.



She established new Air Force Institute of Technology residency for Biomedical Sciences Corps and was instrumental in designing the first-ever multi-corps clinic. Major Guill's researched resulted in the addition of eight drugs to the Columbus AFB formulary to meet patient needs. She also installed a pharmacy notification system, leading to a 30 percent decrease in pharmacy waste and returns to stock.

SNCO of the Quarter

Master Sgt. Paul Barnhart, 14th Medical Operations Squadron, is Senior NCO of the 2006 First Quarter.



Sergeant Barnhart managed a 40-person Aerospace Medicine Flight, serviced more than 5,000 beneficiaries and coordinated 1,350 dental appointments for the wing while maintaining the No. 1 individual medical readiness rate in Air Education and Training Command.

He is also an active member of the Air Force Sergeants Association Chapter 651 and vice president of The Top Three.

Category II Civilian of the Quarter

The First Quarter Category II Civilian for 2006 is Neil Larmon, 14th Operations Support Squadron. Mr. Larmon provided emergency assistance to 17 distressed aircraft; all landed with zero incidents.

He initiated timely response for a foreign student pilot with brake failure and expedited crash crews for inbound T-38 with a massive engine problem. Mr. Larmon has also completed six hours toward his Associate's Degree in Liberal Arts.



CGO of the Quarter

The Company Grade Officer of the First Quarter for 2006 is Capt. Colin Burchfield, 14th Medical Operations Squadron.



He taught 51 stress-reducing techniques, resulting in zero subsequent student pilot stress-related incidents, and intervened in disruptive airsickness issues for five students. Captain Burchfield oversaw the wing suicide prevention program, tightened the post-deployment screening process, and maintained a 3.91 grade point average during 131 credit hours, earning his Ph.D.

NCO of the Quarter

TheNCO of the 2006 First Quarter is Tech. Sgt. Jason Mattice, 14th Communications Squadron.



Sergeant Mattice tracked 140 maintenance issues for airfield communication systems, procured and tracked \$121,000 worth of communications equipment, and developed and revamped four maintenance Self Inspection Checklists.

He also completed two College Level Examination Program tests, earning his Community College of the Air Force degree in Electronic Systems Technology.

Category III Civilian of the Quarter

Brenda Dale, 14th Comptroller Squadron, is the First Quarter Category III Civilian for 2006. Ms. Dale achieved the lowest interest penalties, most discounts and highest rebates earned within Air Education and Training Command. She earned the highest Government Purchase Card rebate ever for the wing, \$12,000 from the command, and took on a 60-percent workload increase when coworkers deployed.



Flight CC of the Quarter

Maj. David Hauck, 37th Flying Training Squadron, is the Flight Commander of the First Quarter for 2006. He flew more than 65 sorties and 85 hours, including back-to-back cross countries to ensure all students completed training on time.



Major Hauck developed a flight-level training program to assist new instructor pilots and tailored six commander's awareness program training plans. He also spent 50 hours sanitizing homes and removing debris in the Mississippi Gulf Coast area.

Airman of the Quarter

Senior Airman Heath Niemet, 14th Civil Engineer Squadron, is the Airman of the 2006 First Quarter.



He volunteered for a 120-plus day deployment in support of Operation Iraqi Freedom, where he was a firefighter and driver operator at the busiest combat airfield with the largest combined support services area in Iraq. He performed 15 combat missions, mitigated a class three fuel spill and donated 50 hours of off-duty time to reconstructing the Air Force Theater Hospital at Balad AB, Iraq.

Honor Guardsman of the Quarter

Airman 1st Class Charles Filkins, 14th Medical Operations Squadron, is the Honor Guardsman of the First Quarter for 2006. Airman Filkins participated in five retirees' funerals and supported three short-notice taskings. He helped train 11 new honor guard members and garnered three semester hours toward his Community College of the Air Force Public Health Associates Degree.



IP of the Quarter

The Instructor Pilot of the First Quarter for 2006 is Capt. Brian Meeker, 41st Flying Training Squadron.



Captain Meeker flew seven functional check flight sorties and was the sole T-37 FCF pilot for two weeks during the quarter. He created the squadron over-the-top program, scheduling and tracking more than 30 certifications and personally evaluating eight instructor pilots. Captain Meeker also revised ancillary training by providing a single-source document for all IPs to access with ease.

Category I Civilian of the Quarter

Connie Tucker, 14th Medical Support Squadron, is the 2006 First Quarter Category I Civilian. Ms. Tucker managed the acquisition of \$672,000 in pharmaceutical Prive Vendor orders and reduced receipt time by 50 percent.



She also converted 147 supply items to the Electronic Catalog Ordering System, resulting in a 115 percent increase in ECAT usage, and established more than \$50,000 in receiving reports in Wide Area Work Flow.

Volunteer of the Quarter

Cheryl Nichols is the 2006 First Quarter Volunteer. Ms. Nichols volunteered more than 250 hours designing, coordinating and executing several Columbus AFB projects.



She used her skill and expertise to redesign and renovate the Columbus Club Happy Lounge and the Montgomery Village at the enlisted dormitories. She spent numerous hours cleaning, painting and personally installing equipment for the completion of the projects.

New Friday lunch buffet starts today: The Columbus Club's all-you-can-eat lunch buffet for Friday features Southern fried catfish, country fried steak with gravy, golden cut corn, cole slaw, garden green salad, fried hush puppies, seasoned new potatoes and assorted home baked cakes. Cost is \$5.50 per person and includes a beverage. Call Ext. 2490.

Mothers' bowling special: The bowling center celebrates Mother's Day a week early and offers moms free bowling and shoe rental Sunday when bowling with their families. Call Ext. 2426.

Auto hobby shop special: The auto hobby shop offers an oil change and tire rotation for \$26 or an oil change and tire rotation and balance for \$40. Call Ext. 7842 for an appointment.

Freedom Park clean up day: The outdoor recreation office is seeking volunteers for the Freedom Park clean up day from 7:30 a.m. to 4 p.m. May 10. Lunch will be provided for all volunteers. Contact Lt. Lee-Jake Strunk at Ext. 2802 or via e-mail by May 8 to volunteer.

Home decor classes: The arts and crafts center offers a class on how to make a room divider for \$50 May 17. Cost is \$50 and includes all supplies. The divider is 72 inches wide, 72 inches high and 3.5 inches deep. Register and pay by May 10 for this class. All classes are offered at 10 a.m. or 6 p.m. Call Ext. 7836.

Chill out at the Daily Grind: The Daily Grind, located in the Fitness Center, offers Starbucks coffees and beverages as well as soft serve with fresh fruit, granola and various toppings. The Daily Grind is open Monday through Friday from 6 a.m. to 6 p.m. and Saturdays from 9 a.m. to 3 p.m. Call Ext. 2772.

Shrimp feast buffet: The Columbus Club offers a shrimp feast buffet from 5 to 8 p.m. Thursday. Cost \$11.95 for members and \$14.95 for nonmembers. Cost for ages 6 to 12, is \$5 for members and \$8 for nonmembers. Ages 5 and younger eat for free. Menu includes peel and eat shrimp, shrimp creole with white rice, golden fried shrimp, seafood gumbo, shrimp fettuccini with creamy Alfredo sauce, baked white fish filet with herb bread crumbs, grilled breast of chicken with sauteed peppers, garden green salad with chilled dressings, broccoli with hollandaise sauce, vegetable medley, oven roasted new potatoes, New Orleans dirty rice, oven baked rolls, iced tea, coffee and lemonade along with assorted desserts. Call Ext. 2490 for more information.

Crafts classes: The arts and crafts center's upcoming crafts classes for April feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a three-piece jewelry set, a patio stone using a paver, a bird feeder, a mosaic tray and a patriotic "America" yard sign.

The youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include a welcome spring sign for the door, a Mother's Day gift, a kaleidoscope, a patio stone and sidewalk paint.

A display of all projects is available in the arts and

Into the swing of things



Pam Wickham

Golf professional Ricky Magers, 14th Services Division, demonstrates the proper golf swing at the adult beginners golf clinic. The next clinic is at 9 a.m. May 13. Register by noon May 12. Cost is \$5 per person and instruction includes the fundamentals of golf. Call Ext. 7931.

crafts lobby. Participants must register at least four days prior to the class date. Call Ext. 7836 for more information.

Quick shot bingo: The club offers this program during lunch at the Columbus Club, during Boss and Buddy Thursday nights in the Landing Lounge and from 5 to 6 p.m. Fridays at the Enlisted Lounge. Cost is \$1 per card and pays from \$3 to \$1,000 for winning combinations. Call Ext. 2490.

The bowling center also offers its own version of quick shot bingo which pays from \$5 to \$500 for a winning combination. Cost is \$1 per card. Play anytime the bowling center is open. Call Ext. 2425 for more information.

Family child care certification training: The Family Member Programs flight offers this free training Tuesday through Friday from 8 a.m. to 3 p.m. at the youth center. This training focuses on the operation of a family child care home for on-base housing residents. To register, call Ext. 2316 by Monday.

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 4 to 7 p.m. Thursdays in the Landing Lounge. A free taco bar is available for club members and nonmembers pay \$3.95. Wings are 25-cents each for club members and 50-cents

for nonmembers from 4 to 7 p.m. Beverage specials are also available. For more information, call Ext. 2490.

Mothers Day champagne Sunday brunch: The Columbus Club offers this brunch from 10:30 a.m. to 1:30 p.m. May 14. Seatings are between 10:30 a.m. and 12:30 p.m. People are encouraged to call for reservations to ensure that the club will be prepared to accommodate their party. Cost is \$10.95 for members and \$13.95 for nonmembers. Cost for ages 6 to 12 is \$6 for members and \$8 for nonmembers. Ages 5 and younger eat for free. Call Ext. 2490.

Club membership drive: Don't miss out on the weekly club membership drawings for \$20 in club bucks. Drawings are held every Monday. On June 1 there will be two drawings for a \$250 club credit, one for new members enrolling during the membership drive and one for all current members. Call Ext. 2489.

Paintball birthday parties: The paintball field can be reserved for birthday celebrations, grudge matches or organizational play. Cost for groups of 10 or more is \$15 per person. Groups with less than 10 people must pay \$20 per person. Cost includes range fee, marker, mask, body armor, carbon dioxide and 200 paintballs. For more information, call Ext. 2507.

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
10:30 a.m. — Contemporary worship service at the Services Complex
10:45 a.m. — Traditional worship service at the chapel
Monday:
7 p.m. — Officer Christian Fellowship
Wednesday:
11:30 a.m. — OASIS at the Phillips Auditorium
11:30 a.m. — Lunch Bible study at chapel annex
6 p.m. — Navigator Study at chapel annex

For more information about Jewish Islamic, Orthodox or other services, call the chapel at Ext. 2500.

Vacation Bible School

The Columbus AFB Chapel Vacation Bible School is from 9 a.m. to noon June 5 through June 9. This year's theme is "Fiesta," where ages 4 to 12 can get fired up about Jesus. Parents can register their children at the chapel now. Volunteers are also needed. For more information, call Daisy Lebron at Ext. 2500.

Family Support Center

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 a.m. to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Local employment

A workshop about employment opportunities with local businesses, the 14th Services Division and government applications is at 1 p.m. every Wednesday. Resumes and other job applications will also be discussed.

TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. Tuesday through Thursday.

Government applications

A workshop on federal employment and the Small Business Administration is from 2:50 to 3:45 p.m. Thursday.

Employment assistance

A workshop about employment assistance from the Mississippi Department of Employment Security for people retiring, separating or new to the area is from 2:15 to 2:40 p.m. Thursday.

Veterans' benefits

A seminar with information on veterans' benefits is from 10:30 to 11:30 a.m. Thursday.

Free childcare

The Childcare for PCS program offers up to 20 hours of free childcare per child for active-duty Air Force people arriving at or departing from Columbus AFB. Certificates are available within 60 days of

departure or arrival. For more information, call Sharon Nichols at Ext. 2790.

Relocation assistance

Those relocating or making a permanent change of station can stop by the family support center for information about new bases, checklists to make moving easier and suggestions for traveling with children.

Air Force Aid Society

The AFAS offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, car repairs and emergency travel. For more information, call the family support center.

Base Notes

Student spouse enrollment

East Mississippi Community College has designated a registration window from 11:30 a.m. to 3:30 p.m. May 30 for student pilot spouses who wish to enroll in the Student Pilot Spouse Listening Program on the Golden Triangle campus this summer. Cost is \$50 per course, and a list of classes is available at www.eastms.edu. Those interested should call Monica

Engel at 243-2672 or Linda Gates at 243-1978 between 8 a.m. and noon May 22 through May 25 to schedule a registration appointment for May 30.

Student Spouse social

Student spouses past, present and future are invited to a picnic at the park on Capitol Avenue in Capital Village May 17 at 12:30 p.m. For more information, call Allison Adair at 434-8714 or e-mail her at allison_adair@yahoo.com.

Cell phones while driving

Effective immediately, people driving on base while talking on a cell phone will now be ticketed; no more warnings will be issued. For more information, call the 14th Security Forces Squadron at Ext. 7128.

Thrift Shop

Columbus AFB Thrift Shop is now accepting consignments Tuesdays and Thursdays until one hour before closing. The Thrift Shop is located at Building 345 C Street and is open Tuesdays from 3 to 6 p.m. and Thursdays from 9 a.m. to 1 p.m. Volunteers are needed. For more information, call 434-2954.

Market Street Festival: This festival today and Saturday in downtown Columbus will feature six stages, a children's area, a car show, 5k run and a "Hands on Market" featuring Mississippi artists from all over the state, more than 269 arts and crafts vendors and 24 food vendors showcasing local restaurants and caterers. The event was named as one of American Bus Association's Top 100 Events of 2003 in the US and to Southeast Tourism Society's Top Twenty Events for 2004. More than 40,00 people are expected to attend. For more information, call 328-6305 or visit www.marketstreetfestival.com.

Grilling on the River: A Mississippi cook-off will be held at Rubens Catfish House Field on Moore's Creek Road today and Saturday. Admission is free. For more information, contact Harvey Myrick at 328-6850 or grilling@bellsouth.net

Memphis In May: This month-long celebration includes the Beale Street Music Festival Friday through

Sunday, International Week May 8 through May 14, World Championship Barbecue Cooking Contest May 18 through May 20 and the Sunset Symphony May 27.

The music festival features artists such as B.B. King, Train, Puddle of Mudd, Bryan Adams, Three 6 Mafia, Jason Mraz, Little Richard, Blues Traveler, James Brown, Chicago, Yellowcard and more.

There is no age restriction, but everyone must have a ticket. Ticket prices are: single day advance, \$20; three day pass advance, \$49.50; single day gate, \$25; three day pass, \$60. 2006 Beale Street Music Festival tickets may be purchased online with Ticketmaster or by calling Ticketmaster at 901.525.1515.

Peabody Hotel rooftop parties: Now through August, the Peabody Hotel in Memphis, Tenn., features rooftop parties from 6 to 11 p.m. every Thursday. Admission is \$5 per person.

The tradition of rooftop parties at The Peabody began in the 1930s and continues today as the social event of the sea-

son with live music, dancing, cocktails and views of the Mississippi River. For more information, visit www.peabodymemphis.com.

Spring recital: All are invited to Ballet Columbus' spring recital "To the Ends of the Earth" at 6:30 p.m. May 13 at Rent Auditorium on the Mississippi University for Women campus. Admission is free. For more information, call Jennifer Colquitt at 328-2141.

Grant's Farm: Grant's Farm in St. Louis, Mo., offers free parking and special discounts on merchandise and food to all active-duty military personnel and their families through Sunday. Visitors can enjoy live performances, animal exhibits and visit the Anheuser-Busch Clydesdale stables among other activities. For more information, visit www.grantsfarm.com or call (314) 843-1700.

For more event listings from the surrounding area, call the family support center at Ext. 2790.

BARGAIN LINE


Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees. Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue. Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads. Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement _____					

Name _____					
Home Telephone # _____ Duty Telephone # _____ (in case we need more information)					

Please let us know what you think of the Silver Wings:
Are you happy with the Silver Wings? Yes ☐ No ☐
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.



Senior Airman John Parie

Col. Stephen Wilson, 14th Flying Training Wing commander, carries the "Flame of Hope" alongside members of the 14th Security Forces Squadron Tuesday, completing Columbus AFB's leg of The Law Enforcement Torch Run for Special Olympics. Since 1996, the 14th SFS has hosted a leg of the Torch Run by carrying the Special Olympic Torch through its streets before it is transported to Keesler AFB. The Torch Run is Special Olympics' largest grass-roots fundraiser and public awareness vehicle, raising \$21.4 million for Special Olympics programs around the world in 2005.

Weight loss equals health gain for Loser participant

Ellen Edmonds
14th Medical Operations Squadron

Mike Boyd, a Quality Assurance Evaluator for operations vehicle maintenance with the 14th Mission Support Group, has struggled with his weight for most of his adult life. While in the Air Force, he maintained his weight due to threats of the “fat boy program,” but it was difficult. Mike weighed 210 pounds when he retired, but without supervision, his weight was allowed to get out of control — 290 pounds.

“I have tried numerous times to get my weight under control, but always failed,” Mr. Boyd said. “I would start a weight loss program but never complete it.”

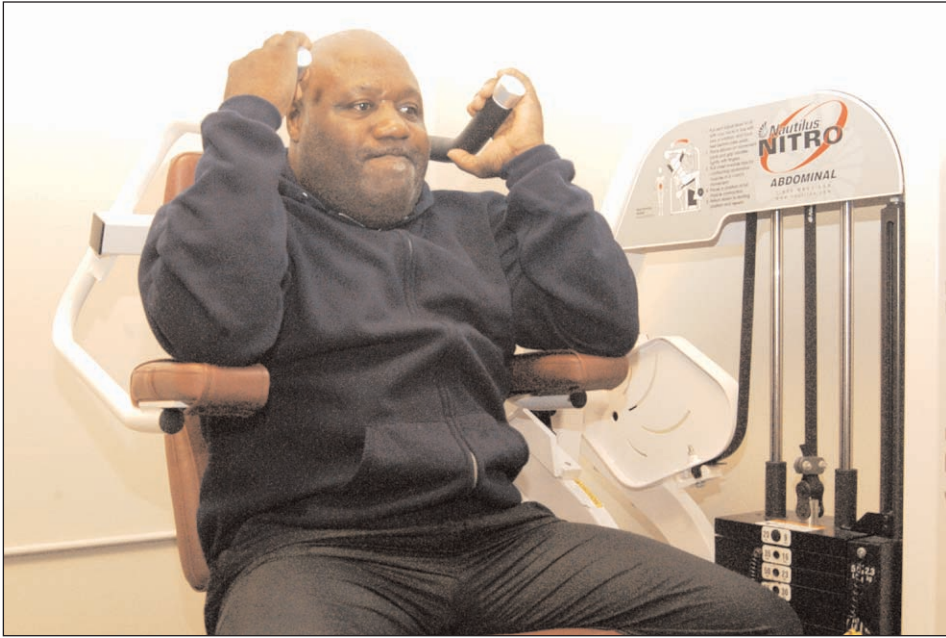
Statistics show that nearly two-thirds of the population is overweight and one-third of the population is obese – tell tale signs that sticking to a weight loss program is not easy.

What finally motivated Mike was a competition called Columbus’ Biggest Losers. He needed the support of his teammates, and his competitive soul needed the competition. He wants to win!

When asked how he made it this far, Mike said, “The fact that so many have taken this program seriously and are all working toward the same goal gives me comfort.

Mr. Boyd believes it is important to receive support from every level.

“First, you need your family’s support in changing your diet. It is difficult to change your eating habit when your family is eating one way and you have to eat another,” he said.



Airman 1st Class Alyssa Miles

Mike Boyd, 14th Mission Support Group, exercises at the base fitness center for 45 minutes every day. Mr. Boyd has also changed his diet habits in order to reach his weight goal for the Biggest Losers program.

“Secondly, friends who know that you are trying to loose weight can be allies for you to keep you on track.

Finally, your supervisor’s support can go a long way in helping you in your weight loss program,” he added. “If your supervisor does not work with you in your weight loss endeavor, they can create a barrier and hinder your motivation. Any of these three groups can either assist an individual in finding excuses for not going to the next level or encourage me to keep moving toward my ultimate goal.

According to the Centers for Disease Control and Prevention Web site, adults should engage in moderate-intensity

physical activities for at least 30 minutes five or more days a week. Physical activity should become repetitive in nature.

Moderate intensity physical activities include basketball, softball, ballroom dancing, jumping on a trampoline, walking, fishing while walking along a riverbank, hunting deer, gardening, yard work, scrubbing the floor or bathtub and actively playing with children.

No matter how old a person is, how unfit they feel, or how long they’ve been inactive, research shows that immediately starting a more active lifestyle through regular, moderate-intensity activity can make a person healthier and

improve their quality of life.

To lose weight, Mr. Boyd had to increase his activity to four times a week. He also had to change his eating patterns. He cut back his portions, began eating more vegetables and stayed away from fast foods. He also refrained from eating at buffet restaurants.

Losing weight requires a person to use more calories than they consume. To maintain a healthy weight, a person must balance those calories.

The nutritional recommendations are to choose the most nutritionally rich foods available from each food group daily – those packed with vitamins, minerals, fiber and other nutrients, but lower in calories. The CDC Web site suggests people pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

Now, more than 25 pounds lighter, Mr. Boyd is experiencing a reduced amount of lower back and knee pain. He feels better, and his clothes fit better. People have begun to notice his weight loss, which has in turn increased his confidence and motivation. His risk of heart disease has decreased, and most importantly his quality of life has increased.

“I can’t say that weight loss is fun; it demands discipline, self-denial, sweat and determination; but I do not miss my old life,” he said. “I would do it all over again.”

The Health and Wellness Center has a diet technician, exercise physiologist and behavior change specialist on hand to assist with weight loss. For help or more information, call the center at Ext. 2477.

Sports Shorts

Trap and skeet range

This range opens at 6 p.m. Tuesdays. Cost is \$3 for 25 rounds. Membership is \$30 for one year or \$75 for three years. For more information, call Ext. 2507.

Mothers Day Fun Run

This family event begins at 7 a.m. May 12 in front of the fitness and sports center. Families, strollers and dogs are welcome. Commander’s trophy points will be awarded for all participants.

Baseball registration

The youth center holding sign-ups for baseball and t-ball now through May 20. Cost is \$25 for youth center members and \$30 for nonmembers.

Ages 3 and 4 will participate in a clinic, ages 5 to 7 will play t-ball, ages 8 to 10 will play coaches’ pitch and ages 11 to 13 will play kids’ pitch. The baseball season will begin May 30 and end June 30. Coaches are still needed. Call Ext. 2504.

Softball umpires needed

Softball umpires are needed to register with the Amateur Softball Association for a fee of \$35 to officiate the base intramural league May through July. Scorekeepers are also needed. For more information, call Frank Solorio at 364-0414.

British Soccer Training Camp

The youth center hosts this camp June 19 through June 23 for ages 4 and older. To register, visit www.challengersports.com. For more information, call the youth center at Ext. 2504.

Volleyball Schedule

Tuesday

5:30 p.m. 14th CPTS vs. 14th SFS

6:30 p.m. 41st FTS vs. 14th OSS Team B

7:30 p.m. 14th CS vs. 14th SFS

Wednesday

5:30 p.m. 14th CES vs. 14th MSS

6:30 p.m. 14th CPTS vs. 14th OSS Team B

7:30 p.m. 48th FTS vs. 14th OSS Team A

Thursday

5:30 p.m. 14th CPTS vs. 14th OSS Team A

6:30 p.m. 14th CES vs. 14th SFS

7:30 p.m. 41st FTS vs. 48th FTS